

Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns

This document provides guidance on meeting the meal pattern and crediting requirements for the vegetables/fruits component of the U.S. Department of Agriculture's (USDA) [Summer Food Service Program \(SFSP\) meal patterns](#). For more information on the SFSP meal patterns and the vegetables/fruits component, visit the "[SFSP Meal Patterns](#)" and "[Vegetables/Fruits Component for the SFSP](#)" sections of the Connecticut State Department of Education's (CSDE) SFSP webpage.

Meal Pattern Requirements

The SFSP meal patterns require $\frac{1}{2}$ cup of the vegetables/fruits component at breakfast, and $\frac{3}{4}$ cup at lunch and supper. A $\frac{3}{4}$ -cup serving of the vegetables/fruits component may be one of the two required snack components. Each meal has additional requirements for the vegetables/fruits component.

- **Breakfast** may include vegetables, fruits, 100 percent full-strength juice, or any combination of these foods.
- **Lunch and supper** must include at least two **different** servings, i.e., at least two different vegetables, at least two different fruits, or at least one vegetable and one fruit. For example, a lunch menu could include $\frac{1}{2}$ cup of carrots and $\frac{1}{4}$ cup of cucumbers; $\frac{1}{2}$ cup of applesauce and $\frac{1}{4}$ cup of raisins; or $\frac{1}{2}$ cup of broccoli and $\frac{1}{4}$ cup of strawberries. Mixed vegetables (such as carrots and peas) and mixed fruits (such as fruit salad) credit as one of the two required servings.

Juice cannot credit for more than **half** of the vegetables/fruits component at lunch and supper.

- **Snack** may include vegetables, fruits, 100 percent full-strength juice, or any combination of these foods. Fruits and vegetables cannot be the only two snack components, even if they are different kinds. For example, $\frac{3}{4}$ cup of apples and $\frac{3}{4}$ cup of carrot sticks are not a reimbursable snack because both food items are from the same component.

The minimum creditable amount of vegetables/fruits is $\frac{1}{8}$ cup. If a menu item provides less than the full-required serving, the SFSP menu must include the additional amount from other vegetables/fruits.



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Requirement for visible components

The USDA requires that foods must be visible (recognizable) to credit toward the SFSP meal patterns. For example, SFSP sponsors cannot credit applesauce in muffins or pureed fruits and vegetables in entrees. The intent for this requirement is to ensure that children can easily identify the foods in SFSP menus. The nutrition education aspect of the Child Nutrition Programs includes the goal of helping children recognize the food groups that contribute to healthy meals and snacks.

The USDA allows an exception to this requirement for pureed fruits and vegetables in smoothies, and pasta made with 100 percent vegetable flours. For more information, see [“Crediting pasta made of 100 percent legume flours,”](#) [“Crediting pureed vegetables”](#) and [“Crediting smoothies”](#) in this document

Determining Servings for Fresh Vegetables and Fruits

The USDA’s [Food Buying Guide for Child Nutrition Programs](#) (FBG) provides food yields and crediting information for common types and customary sizes of vegetables and fruits; indicates how many servings a specific quantity of vegetable or fruit will provide; and helps menu planners determine how recipes and purchased foods contribute to the vegetables/fruits component. Table 1 shows examples of the meal pattern contribution of fresh vegetables and fruits. For additional guidance, see the portion control charts for vegetables and fruits in the [“Vegetables Component”](#) and [Fruits Component”](#) sections of the CSDE’s [Menu Planning for Child Nutrition Programs](#) webpage.

Table 1. Meal pattern contribution of fresh vegetables and fruits			
Food ¹	FBG crediting information	Meal pattern contribution	
		½-cup serving	¾-cup serving
Apples, 100 count ²	1 apple = 1¼ cups 1/5 apple = ¼ cup	2/5 apple	3/5 apple
Apples, 125-138 count ²	1 apple = 1 cup 1/4 apple = ¼ cup	½ apple	¾ apple
Banana, 150 count (petite) or 100-120 count ²	1 banana = ½ cup ½ banana = ¼ cup	1 banana	1½ bananas
Broccoli	1 medium spear = about ¼ cup	2 medium spears	3 medium spears

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Table 1. Meal pattern contribution of fresh vegetables and fruits, *continued*

Food ¹	FBG serving size	Required amount for ½ cup	Required amount for ¾ cup
Carrot sticks	3 sticks (4 inches by ½ inch) = ¼ cup	6 sticks (4 inches by ½ inch)	9 sticks (4 inches by ½ inch)
Celery sticks	3 sticks (4 inches by ½ inch) = ¼ cup	6 sticks (4 inches by ½ inch)	9 sticks (4 inches by ½ inch)
Cucumber sticks, pared or unpared	3 sticks (4 inches by ¾ inch) = ¼ cup	6 sticks (4 inches by ¾ inch)	9 sticks (4 inches by ¾ inch)
Grapes, seedless, large	7 grapes = ¼ cup 14 grape halves = ¼ cup	14 grapes 28 grape halves	21 grapes 42 grape halves
Orange, 113 count ² (Arizona or California)	½ orange = ¼ cup 1 orange = ⅝ cup	1 orange	1½ oranges
Orange, 125 count ² (Florida or Texas)	½ orange = ¼ cup 1 orange = ⅝ cup	1 orange	1½ oranges
Orange, 138 count ² (Arizona or California)	½ orange = ¼ cup 1 orange = ½ cup	1 orange	1½ oranges
Pear, 100 count ² (D’Anjou or Bosc or Bartlett)	1 pear = 1¼ cups ½ pear = ⅝ cup	½ pear	⅔ pear
Pear, 120 count ²	½ pear = ⅜ cup 1 pear = ¾ cup	¾ pear	1 pear
Pear, 150 count ²	½ pear = ¼ cup 1 pear = ½ cup	1 pear	1½ pears
Radishes	7 small radishes = ¼ cup	14 small radishes	21 small radishes
Tomato slices, large (2½ to 2¾ inch diameter)	4 slices (⅛-inch thick) = ¼ cup	8 slices (⅛-inch thick)	12 slices (⅛-inch thick)

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Table 1. Meal pattern contribution of fresh vegetables and fruits, *continued*

Food ¹	FBG serving size	Required amount for ½ cup	Required amount for ¾ cup
Tomato slices, medium (2⅛ to 2¼ inch diameter)	5 slices (⅛-inch thick) = ¼ cup	10 slices (⅛-inch thick)	15 slices (⅛-inch thick)
Tomatoes, cherry	3 whole cherry tomatoes = ¼ cup 5 half cherry tomatoes = ¼ cup	6 whole cherry tomatoes 10 half cherry tomatoes	9 whole cherry tomatoes 15 half cherry tomatoes

¹ Consider children’s ages and developmental readiness when deciding what vegetables and fruits to offer. Prepare all vegetables and fruits to reduce the risk of choking. For more information, see “[Considerations for Reducing Choking Risks for Young Children](#)” in this document.

² The count pack is the number of whole fruits that fit into a case. The smaller the count, the larger the size of the fruit.

Required Crediting Documentation

Vegetables and fruits that are part of other foods, or contain added ingredients, require appropriate documentation to credit as the vegetables/fruits component in the SFSP. For example, to credit a commercial hummus product or a hummus recipe as ¼ cup of the vegetables/fruits component, the SFSP sponsor must have documentation indicating that the serving contains ¼ cup of pureed chickpeas. The guidance below summarizes the required documentation for commercial processed products and foods made on site. Documentation must be based on the food yields and crediting information in the FBG.

Commercial processed products

SFSP sponsors must maintain crediting documentation for commercial processed products that contain vegetables and fruits, such as vegetable egg rolls, hummus, breaded onion rings, and fruit-filled turnovers. Acceptable documentation includes a Child Nutrition (CN) label (available only for main dish entrees that contribute to the meat/meat alternates component) or manufacturer’s product formulation statement (PFS). For more information, see the CSDE’s handouts, [Child Nutrition \(CN\) Labeling Program](#), [Product Formulation Statements](#) and [Accepting Processed Product Documentation in the SFSP](#); the USDA’s documents, [Product Formulation Statement for Documenting Vegetables and Fruits](#), and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#). For additional

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guidance, visit the “[Crediting Commercial Processed Products in the SFSP](#)” section of the CSDE’s SFSP webpage.

Commercial processed products without a CN label or PFS cannot credit in the SFSP meal patterns.

Foods made on site

For foods prepared from scratch, SFSP sponsors must have a standardized recipe that documents the amount of vegetables and fruits per serving. Recipes are required for vegetables and fruits in combination foods (such as vegetables in egg rolls, peppers and tomato sauce on pizza, beans in burritos, and fruit in yogurt parfaits) and vegetables and fruits that contain added ingredients (such as potato salad, carrot-raisin salad, fruit crisp, and breaded vegetables). For more information, see the CSDE’s form, [Standardized Recipe Form for the SFSP](#), and visit the “[Crediting Foods Prepared on Site in the SFSP](#)” section of the CSDE’s SFSP webpage.



Crediting Requirements

Creditable vegetables include fresh, frozen, canned, and rehydrated dried vegetables; and pasteurized full-strength vegetable juice. Vegetable products and recipes must meet specific criteria to credit as the vegetables/fruits component in the SFSP meal patterns. The guidance below addresses the crediting requirements for vegetables.

Crediting canned vegetables

Canned vegetables must be drained; the serving cannot include the packing liquid, such as water or sauce. For example, to credit as $\frac{1}{2}$ cup of the vegetables/fruits component, a $\frac{1}{2}$ -cup serving of canned peas cannot include the water in which it is packed, and a $\frac{1}{2}$ -cup serving of baked beans cannot include the sauce in which it is packed. The serving must contain $\frac{1}{2}$ cup of vegetables **before** any added liquid.

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Crediting dried vegetables

Dried or dehydrated vegetables (such as potato flakes and dried soup mix) credit as the vegetables component based on their rehydrated volume. The product's PFS must provide specific documentation on the amount of vegetables per serving (see "[Required Crediting Documentation](#)" in this document). Dried vegetables used for seasonings (such as dried onion and dried parsley) do not credit in the SFSP meal patterns.

Crediting hominy

Hominy is made from whole kernels of maize (dried field corn) that have been soaked in an alkaline solution (nixtamalized). Hominy is available dried and in a fully cooked canned form. Dried hominy is cooked and credited the same as legumes. In its whole form, hominy credits toward the vegetables/fruits component as a starchy vegetable. For example, $\frac{1}{4}$ cup of drained canned hominy credits as $\frac{1}{4}$ cup of vegetables/fruits component. For information on crediting hominy as the grains/breads component, see the CSDE's handout, [Requirements for the Grains/Breads Component of the SFSP Meal Patterns](#).

Crediting legumes as vegetables

Legumes (including roasted legumes such as roasted chickpeas and soybeans) credit as either the vegetables/fruits component or the meat/meat alternates component, but not both in the same meal or snack. A $\frac{1}{2}$ -cup serving of legumes credits as $\frac{1}{2}$ cup of vegetables/fruits component. The serving refers to the amount of cooked legumes and does not include added ingredients, such as the sauce and pork fat in canned baked beans. For example, a $\frac{1}{2}$ -cup serving of baked beans that contains $\frac{1}{8}$ cup of sauce and pork fat credits as $\frac{3}{8}$ cup of the vegetables component. For more information, see the CSDE's handout, [Crediting Legumes in the SFSP](#).

Crediting pasta made of 100 percent vegetable flours

A $\frac{1}{2}$ -cup serving of pasta made of one or more 100 percent vegetable flours credits as $\frac{1}{2}$ cup of the vegetables/fruits component. If the pasta product contains non-vegetable ingredients, the SFSP sponsor must obtain a PFS stating the amount of vegetable flours per serving (see "[Required Crediting Documentation](#)" in this document). Grain-based pasta products that contain small amounts of vegetable powder for color, such as spinach pasta or sun-dried tomato pasta, do not credit as the vegetables/fruits component. The requirements for crediting pasta products made of vegetable flours are summarized in [USDA Memo SP 26-2019](#), [CACFP 13-2019](#) and [SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs](#).



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Crediting pureed vegetables

Pureed vegetables in foods must be visible (recognizable) to credit in the SFSP meal patterns. Examples include pureed foods made from one vegetable such as tomato sauce, split pea soup, mashed potatoes, mashed sweet potatoes, and pureed butternut squash.

Foods that contain pureed vegetables (such as pureed carrots in macaroni and cheese) cannot credit as the vegetables/fruits component unless they also provide at least $\frac{1}{8}$ cup of visible creditable vegetables. For example, a serving of macaroni and cheese that contains $\frac{1}{8}$ cup of diced butternut squash (visible) and $\frac{1}{8}$ cup of pureed carrots (not visible) credits as $\frac{1}{4}$ cup of the vegetables/fruits component.

Pureed vegetables credit based on the volume served, not the volume before pureeing. SFSP sponsors must document crediting information with a standardized recipe or PFS (see “[Required Crediting Documentation](#)” in this document).

Crediting soups

Vegetable soups made from scratch credit based on the amount of vegetables contained in one serving. SFSP sponsors must document crediting information with a standardized recipe based on the yields listed in the FBG (see “[Required Crediting Documentation](#)” in this document).



Creditable commercial vegetable soups include lentil, pea, and bean (legumes); minestrone; tomato; tomato with other basic components such as rice; vegetable (contains only vegetables); and vegetable with other basic components such as meat or poultry. The FBG indicates that a 1-cup serving of a commercial legume soup credits as $\frac{1}{2}$ cup of vegetables, and a 1-cup serving of commercial vegetable soup credits as $\frac{1}{4}$ cup of vegetables. The serving refers to the amount of the cooked soup, e.g., heated canned or frozen ready-to-serve soup, reconstituted dried soup, and reconstituted condensed soup.

Menu planners should consider the appropriateness of the serving size for soup. The large serving of a commercial soup needed to provide the full vegetables component might be unreasonable, especially for younger children. For example, to provide $\frac{3}{4}$ cup of the vegetables/fruits component at snack requires 3 cups of a commercial vegetable soup and $1\frac{1}{2}$ cups of a commercial legume soup. For additional guidance, see the CSDE’s handout, *[Crediting Soups in the NSLP and SBP](#)*.

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Menu planners should consider the size of the container used to serve the soup. A 1-cup container (8 fluid ounces) does not provide 1 cup of soup unless it is completely filled to the top, which is impractical. To avoid spilling and ensure that the served portion meets the meal pattern requirements, the container should be larger than the planned serving size of soup. For example, SFSP sponsors could use a 10-fluid ounce bowl to hold 8 fluid ounces (1 cup) of soup and a 6-fluid ounce bowl to hold 4 fluid ounces ($\frac{1}{2}$ cup) of soup.

Crediting vegetables with added ingredients

If a vegetable product or recipe contains added ingredients (such as mayonnaise, salad dressing, butter, and sauce), only the vegetable portion credits toward the SFSP meal patterns. Examples include baked beans with sauce and pork fat; coleslaw and potato salad made with mayonnaise and seasonings; carrot-raisin salad made with yogurt; and mashed potatoes made with butter and seasonings. For example, to credit as $\frac{1}{2}$ cup of potato salad as $\frac{1}{2}$ cup of the vegetables/fruits component, the serving must contain $\frac{1}{2}$ cup of potatoes, excluding added ingredients such as mayonnaise and seasonings. SFSP sponsors must maintain crediting documentation for each product and recipe (see “[Required Crediting Documentation](#)” in this document).

Noncreditable vegetables

Examples of foods that do not credit include, but are not limited to chili sauce; dehydrated vegetables used for seasoning; cream vegetable soups (e.g., cream of broccoli and cream of mushroom); home-canned products (for food safety reasons); ketchup; pickle relish; and snack-type foods made from vegetables such as potato chips. For more information, see the CSDE’s handout, *[Noncreditable Foods in the SFSP](#)*.



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Crediting Requirements for Fruits

Creditable fruits include fresh, frozen, dried, and canned (packed in water, full-strength juice, or light syrup), and pasteurized full-strength fruit juice. Fruit products and recipes must meet specific criteria to credit as the vegetables/fruits component in the SFSP meal patterns. The guidance below addresses the crediting requirements for fruits.

Crediting canned fruits

A serving of canned fruit may include the 100 percent juice in which the fruit is packed. For example, $\frac{1}{2}$ cup of canned peaches in juice credits as $\frac{1}{2}$ cup of the vegetables/fruits component. Water and syrup in canned fruit do not credit. For example, to credit canned peaches in light syrup as $\frac{1}{2}$ cup of the vegetables/fruits component, the serving must contain $\frac{1}{2}$ cup of peaches, not including the syrup. If the menu planner credits the juice from canned fruit toward the vegetables/fruits component at lunch and supper, it also counts toward the juice limit. For more information, see the CSDE's handout, [Crediting Juice in the SFSP](#).

Crediting coconut

Fresh and frozen coconut credit, but dried coconut, coconut flour, and coconut oil do not. Coconut water labeled as 100 percent juice credits based on the volume served, and is subject to the same requirements as juice (see “[Crediting juice](#)” in this document). Coconut is high in calories and saturated fat, and should be limited in SFSP menus. The requirements for crediting coconut are summarized in [USDA Memo SP 34-2019](#), [CACFP 15-2019](#) and [SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs](#).

Crediting dried fruits

Dried fruits (such as raisins, apricots, cherries, cranberries, blueberries, mixed fruit, and coconut) credits based on volume. For example, $\frac{1}{4}$ cup of dried fruit credits as $\frac{1}{4}$ cup of the vegetables/fruits component. Serving a large amount of dried fruit (such as $\frac{3}{4}$ cup of raisins at snack) may be unreasonable, especially for younger children. The CSDE recommends serving smaller portions of dried fruit and supplementing with another fruit or vegetable to meet the full serving.

Manufacturers sometimes process dried fruit with added sugar to keep the fruit pieces separated. The CSDE encourages menu planners to read labels and choose dried fruit without added sweeteners, including sugars and nonnutritive sweeteners, e.g., aspartame, acesulfame potassium, sucralose, and stevia.

Crediting frozen fruits

A serving of thawed frozen fruit includes the thawed juice.

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Crediting fruits in grain-based desserts

Fruit in grain-based desserts (such as fruit crisp and fruit turnovers) credits based on the amount of fruit per serving. For example, a fruit turnover that contains $\frac{1}{4}$ cup of apples credits as $\frac{1}{4}$ cup of the vegetables/fruits component. SFSP sponsors must maintain crediting documentation for each product and recipe (see “[Required Crediting Documentation](#)” in this document). At snack, the amount of a grain-based dessert that provides the required $\frac{3}{4}$ -cup serving of fruit may be unreasonable (see “[Fruits with added ingredients](#)” in this document).

Crediting fruits in yogurt

Fruits in commercial yogurt products (blended, mixed, or on top) does not credit as the vegetables/fruits component. Menu planners may credit fruit provided as a separate component, such as $\frac{1}{2}$ cup of blueberries in a yogurt parfait.

Crediting fruits with added ingredients

If a product or recipe contains added ingredients (such as mayonnaise or a grain-based topping), only the fruit portion of the serving credits toward the vegetables/fruits component. Examples include Waldorf salad made with mayonnaise, walnuts, and seasonings; and fruit crisp and cobbler made with grain-based topping. For example, to credit fruit crisp as $\frac{1}{2}$ cup of the vegetables/fruits component, the serving must contain $\frac{1}{2}$ cup of fruit, excluding other ingredients such as the grain topping. SFSP sponsors must maintain crediting documentation for each product and recipe (see “[Required Crediting Documentation](#)” in this document).

Crediting juice

Juice (fresh, frozen, and made from concentrate) must be pasteurized full-strength fruit juice, vegetable juice, or a combination. Juice (including pureed fruits and vegetables in smoothies) cannot credit for more than half of the vegetables/fruits component at lunch and supper. Juice cannot be served at snack when milk is the only other snack component. For more information, see the CSDE’s handout, [Crediting Juice in the SFSP](#).

The USDA recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juice. Juice does not provide the same nutritional benefits as whole fruits and vegetables, which contain fiber, fewer calories, and more nutrients.

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Crediting smoothies

Pureed fruits and vegetables in smoothies credit only as juice, and are subject to the same requirements as juice (see “[Crediting juice](#)” in this document). For more information, see the CSDE’s handout, *Crediting Smoothies in the SFSP*.

Crediting fresh fruits

The crediting amount for one piece of fresh fruit depends on the type and size, and ranges from $\frac{1}{4}$ cup to $1\frac{1}{4}$ cups. For example, the FBG indicates that:

- one 60-count plum, one 88-count peach, and one clementine each credit as $\frac{3}{8}$ cup of fruit; and
- one 100-120-count banana, one 150-count pear, one 80-count peach, one 138-count orange, and one 45-count plum each credit as $\frac{1}{2}$ cup of fruit.



Menu planners must ensure that an individual piece of fresh fruit (whole or cut-up) provides the correct serving for each SFSP meal and snack. If the amount is less than the full serving of the vegetables/fruits component, the meal or snack must include additional fruits or vegetables to meet the full serving.

The examples below illustrate this requirement.

- **Example 1:** The SFSP breakfast meal pattern requires $\frac{1}{2}$ cup of fruits, vegetables, or both. One 120-count tangerine credits as $\frac{3}{8}$ cup of fruit, which does not provide the full-required serving. To credit as the full component, the breakfast menu must include an additional $\frac{1}{8}$ cup of fruits or vegetables.
- **Example 2:** The SFSP snack meal pattern requires $\frac{3}{4}$ cup of fruits, vegetables, or both. One 113-count orange credits as $\frac{5}{8}$ cup of fruit, which does not provide the full-required serving. To credit as the full fruits component, the snack menu must include an additional $\frac{1}{8}$ cup of the fruits component.

Table 2 lists the additional amounts of fresh fruit needed to provide $\frac{1}{2}$ cup or $\frac{3}{4}$ cup of the vegetables/fruits component, based on the crediting information in the FBG.

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Table 2. Additional amounts of fresh fruits to provide $\frac{1}{2}$ cup or $\frac{3}{4}$ cup			
Fruit (one piece, whole or cut-up) ¹	Meal pattern contribution from FBG	Additional amount for $\frac{1}{2}$ cup ³	Additional amount for $\frac{3}{4}$ cup ⁴
Apple, 125-138 count ²	1 cup	0	0
Apricot, medium ($1\frac{3}{8}$ -inch diameter)	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Banana, 150 count, petite	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Banana, 100-120 count, regular	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Clementine, whole, peeled	$\frac{3}{8}$ cup	$\frac{1}{8}$ cup	$\frac{3}{8}$ cup
Grapefruit, 27-32 count ² , large	1 cup	0	0
Kiwi, 33-39 count ²	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Nectarine, size 88-96 ($2\frac{1}{4}$ -inch diameter)	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Nectarine, size 56-64 ($2\frac{3}{4}$ -inch diameter)	$\frac{3}{4}$ cup	0	0
Orange, Arizona or California, 113 count ²	$\frac{5}{8}$ cup	0	$\frac{1}{8}$ cup
Orange, Florida or Texas, 125 count ²	$\frac{5}{8}$ cup	0	$\frac{1}{8}$ cup
Orange, Arizona or California, 138 count ²	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Peach, size 88 and 84 ($2\frac{1}{8}$ -inch diameter)	$\frac{3}{8}$ cup	$\frac{1}{8}$ cup	$\frac{3}{8}$ cup
Peach, size 64 and 60 ($2\frac{1}{2}$ -inch diameter)	$\frac{2}{3}$ cup	0	$\frac{1}{8}$ cup
Peach, size 80	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Peach, size 56	$\frac{3}{4}$ cup	0	0
Pear, 150 count ²	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Pear, 120 count ²	$\frac{3}{4}$ cup	0	0
Pear, D'Anjou, Bosc or Bartlett, 100 count ²	$1\frac{1}{4}$ cups	0	0

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Table 2. Additional amounts of fresh fruits to provide $\frac{1}{2}$ cup or $\frac{3}{4}$ cup, <i>continued</i>			
Fruit (one piece, whole or cut-up) ¹	Meal pattern contribution from FBG	Additional amount for $\frac{1}{2}$ cup ³	Additional amount for $\frac{3}{4}$ cup ⁴
Plum, purple, red, or black, size 45 and 50 (2-inch diameter)	$\frac{1}{2}$ cup	0	$\frac{1}{4}$ cup
Plum, purple, red, or black, 2½-inch diameter	$\frac{5}{8}$ cup	0	$\frac{1}{8}$ cup
Plum, Japanese or hybrid, size 60 and 65	$\frac{3}{8}$ cup	$\frac{1}{8}$ cup	$\frac{3}{8}$ cup
Tangerine, 120 count ²	$\frac{3}{8}$ cup	$\frac{1}{8}$ cup	$\frac{3}{8}$ cup
<p>¹ Consider children’s ages and developmental readiness when deciding what fruits to offer. Prepare all fruits to reduce the risk of choking. For more information, see “Considerations for Reducing Choking Risks for Young Children” in this document.</p> <p>² The count pack is the number of whole fruits that fit into a case. The smaller the count, the larger the size of the fruit.</p> <p>³ A $\frac{1}{2}$-cup serving of the vegetables/fruits component is required at breakfast, and may be one of the two required servings of the vegetables/fruits component at lunch and supper.</p> <p>⁴ A $\frac{3}{4}$-cup serving of the vegetables/fruits component may be one of the two required snack components. The additional required amount can be from the same fruit, a different fruit, or a vegetable.</p>			

Noncreditable fruits

Examples of foods that do not credit include, but are not limited to fruit snacks (e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, yogurt-covered fruit snacks); banana chips; home-canned products (for food safety reasons); jams, jellies, and preserves; and juice drinks that are not 100 percent juice, such as grape juice drink, orange juice drink, pineapple-grapefruit drink, cranberry juice cocktail, and lemonade. For more information, see the CSDE’s handout, [Noncreditable Foods in the SFSP](#).

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Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of vegetables that may be choking hazards include cooked or raw whole-kernel corn, and small pieces of raw vegetables, e.g., raw green peas, whole beans, raw carrot rounds, baby carrots, string beans, celery, and other raw or partially cooked hard vegetables. Examples of fruits that may be choking hazards include whole grapes, berries, melon balls, apples and other hard pieces of raw fruit, and dried fruits. Preparation techniques to reduce the risk of choking include cooking until soft, and cutting, dicing, or shredding into small pieces.

Consider children's age and developmental readiness when deciding what types of vegetables and fruits to offer in SFSP menus. This consideration is also important for children with a disability that requires dietary restrictions. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

Resources

Accepting Processed Product Documentation in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/AcceptDocumentationSFSP.pdf>.

Crediting Foods in the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Juice in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditJuiceSFSP.pdf>

Crediting Legumes in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditLegumesSFSP.pdf>

Crediting Smoothies in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditSmoothiesSFSP.pdf>

Crediting Soups in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditSoupSNP.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

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Menu Planning for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

Noncreditable Foods in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/NoncreditableFoodsSFSP.pdf>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks

USDA): https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Total_Veg_Fruits.pdf

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Standardized Recipe Form for the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/StandardizedRecipeSFSP.pdf>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in the Child Nutrition Programs:

<https://www.fns.usda.gov/school-meals/smoothies-offered-child-nutrition-programs>

Vegetables/Fruits Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#VegetablesFruits>

Webinar: Crediting Vegetable Noodles and Coconut in the Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/crediting-vegetable-noodles-and-coconut-child-nutrition-programs>

Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns



For more information, visit the [SFSP Meal Patterns](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP webpage, or contact the [Summer Meals staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/ComponentVegetablesFruitsSFSP.pdf>.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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